

# Columnist to lead off lecture series

Columnist Bob Talbert will lead off on Friday, Jan. 25, a new lecture series developed by the Livonia Family Y to push fitness in public awareness.

The lectures, to be held at 8 p.m. in the auditorium of Livonia's new city hall, also will bring in nationally known mainstreaming expert Grace Reynolds on Feb. 29, assistant coach Eddie Colquhoun of the Detroit Express soccer team on March 28 and Dr. Joseph Arends, expert in the prevention of heart disease, on April 25.

"This is a community service to provide information on the various aspects of physical fitness," said Bonnie Martin, Family Y fitness specialist who is arranging the series.

"We're trying," added Shirley Ritter, head of the Y fitness program, "to educate people into becoming health-conscious as a means of preventing medical problems."

Tickets are \$2 for each lecture or \$6

for the series, with a rate of \$1.50 and \$5 for senior citizens. Advance sales are at the Family Y, 14255 Stark, the city hall, 33000 Civic Center Drive, and at Sportventure of Plymouth, 550 Forest in Westchester Square.

There will be sales at the door if room permits.

**SERIES OPENER** Talbert was described by Ms. Martin as one who "recognizes the need to change life's priorities."

"He's always saying he's going to get into fitness," she said of the Detroit Free Press columnist writer.

"But he is a man who has had to make major decisions — he hasn't conquered his weight problem but he has conquered alcoholism. He's thinking about priorities, and he can get other people thinking about how they

can rearrange their lives to be healthier," Ms. Martin added.

Grace Reynolds is head of the handicapped section for the U.S. President's Council for Physical Fitness.

"She's probably the top person in the country in the area of mainstreaming — the mingling of the handicapped and the rest of the population," said Ms. Martin.

She added that the speaker travels around the country conducting conferences on new laws requiring education opportunities and enabling facilities for the handicapped.

"We all need to be more aware of

what is happening in this field and how it affects us," Ms. Martin added. "Many people don't understand what mainstreaming is, and this is an opportunity to learn."

**THE VISITOR** from the Detroit Express is included in the series because of the importance soccer plays in the YMCA program here and nationally.

Coach Colquhoun, she said, will present a program "that should interest many of the young athletes involved in the teams competing under Y auspices."

"Soccer is a sport enthusiastically endorsed by the YMCA," Ms. Martin

stated, "because it's a game which can be enjoyed by kids at all age levels and skill levels."

"It's a cardiovascular game, which means it requires exertion and extends capacities, but it also is a game which does not require that much skill."

She called Dr. Arends one of the few doctors who practices preventive instead of crisis-oriented medicine and has long been an exponent of the benefits of regular running.

"He'll come in the spring," she said, "when people will be thinking of getting their running shoes out of the closet to enjoy the warmer weather."



BOB TALBERT

down to earth  
**Alice Wessels Burlingame**

## Dwarf fruit trees earn their keep

An interest in gardening will pay endless dividends to the home owner, especially if we are going to be members of a belt-tightening society.

So, take advantage of these days to re-evaluate space use and discard those plants which are not plus items in your 1980 goal. Plan to upgrade your property value.

Suppose you wish to plant fruit trees. To have the modern approach, use dwarf fruit trees. They will have a harvest within two or three years, and six dwarf trees take up the same space that one standard fruit tree would occupy.

You can easily care for these dwarf trees from the ground without a ladder. Study the catalogs and find out if they are self-pollinating or if you need two of a selection in order to set fruit.

Find out from your family the kind of fruit they prefer and make the fruit growing project a family affair.

**YOU CAN GROW** strawberries in a six-foot-square area. Don't overlook rhubarb, as this plant with its handsome leaves can be cooked in many ways. Be sure to buy rhubarb with crimson stalks; it has more appeal when cooked and is sweeter.

If you prune berry bushes and grape vines, you won't regret giving them a prominent place in your private garden.

Research by the University of Georgia has shown that fruit trees should be pruned before late January. If they are pruned earlier, they are susceptible to bacterial canker. With stone fruits it

has been found that an earlier pruning can decrease the longevity of the tree.

The University of Connecticut has found that an apple tree pruning before the last of January reduces the tree's ability to withstand the cold. A heavy crop can limit the hardness of a tree in winter.

Those with greenhouses are very concerned about heat conservation this winter. The Insulating Shade Company, Box 406, Guilford, Ct. 06437, seem to have a good idea of a shade on a roller with a channel to seal the sides. They are working on an overhead version. They have a booklet on their ideas for one dollar.

**RUSSIAN PLANT** scientists from Kazakhstan have contributed some interesting findings on water use for plants. Fresh water from melted snow or ice stimulates the biological process. The scientists also discovered that water which is boiled and cooled rapidly is even more biologically active than melted ice water. Boiling the water dissolves the gasses from the water so that they are in the proper pattern to easily pass through the cell walls and become utilized in vital cell functions.

Organic Gardening has done research with this super-water and passes on its method of utilizing it. Boil water vigorously for five minutes, then pour the water in a Mason jar, filling it to the top. Seal tightly. Hold under cold water until cool. Use immediately or store in your refrigerator.

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